

Basic Custard

Makes: 4 servings

Ingredients

1 egg
2 **tablespoons** sugar
1 **cup** skim milk (or reconstituted non-fat dry milk)
1/2 **teaspoon** vanilla (optional)

Directions

Stovetop version:

1. Beat egg and sugar together in a saucepan.
2. Add milk.
3. Place saucepan with egg/milk mixture in another pan containing 1-2 inches boiling water.
4. Stir custard constantly while cooking. Cook until foam disappears and custard coats the spoon. Remove from heat.
5. Add flavoring and stir. Pour into individual dishes and cool in the refrigerator. Custard will be soft.

Baked version:

1. Beat together egg and sugar in a baking dish.
2. Add milk and flavorings. Mix thoroughly.
3. Set baking dish in a shallow pan of hot water.
4. Bake at 350 degrees until the tip of a knife inserted in the center of the custard comes out clean (50-60 minutes). Do not overcook. Eat warm or refrigerate for later.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	60	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	10 g	3%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	50 mg	2%

Notes

An additional egg can be added during step #1.